

# USA GYMNASTICS

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MAY/JUNE 2000 VOLUME 29, #3

THE OFFICIAL  
PUBLICATION OF  
USA GYMNASTICS

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WOMEN'S OLYMPIC  
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CAMP

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USA MEN'S

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QUANTAS INTERNATIONAL  
CHALLENGE

STEVE McCARTHY  
GOING FOR  
OLYMPIC GLORY

Search for FLIP...  
SEE DETAILS ON NEW **FUN** PAGE!

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GK Team Competition Wear | GK Team Working to Win™ Team WorkOut Wear | GK WorkOut Essentials

# weat!

THE CHOICE OF CHAMPIONS



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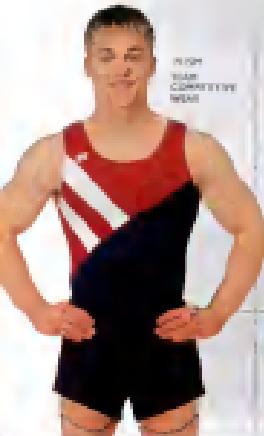
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# FIVE RING FEVER

By Steve Penny, USA Gymnastics Senior Vice President

There is a fever spreading throughout the sport of gymnastics right now. It's not something you need to worry about catching. In fact, it is something we at USA Gymnastics hope you catch. It's called the *Five Ring Fever*, and typically it breaks out every four years. It's a sign that the Olympics are just around the corner.

The funny thing about this fever is that it can have a tremendous effect on the people that catch it. Currently, there are 70-80 athletes in the U.S. who are infected with the Five Ring bug.

In all seriousness, the success of U.S. gymnasts at the upcoming Sydney Olympic Games will have a tremendous impact on the future of the sport. Currently, the Olympic movement is searching for its next set of heroes. Following the 1996 Olympics, there has been a significant turnover of athletes, many of whom waited until Atlanta to hang up their track shoes, Spandex, and leotards.

Additionally, many reporters who had followed the sport for years have moved onto different beats. This creates the need for proactive media and public relations activities, to ensure that everyone understands our position heading into Sydney.

The Olympic year always brings a new level of exposure to gymnastics and its athletes. USA Gymnastics is working to establish a new frontier of continuity in the non-Olympic years, through its events, public relations activities, and membership services. Our goal is to provide a seamless and systematic approach to marketing gymnastics on a regular basis, to ensure greater exposure to the sport as a whole. The uniqueness of the club business provides a strong infrastructure for gymnasts to distinguish itself within the Olympic sports movement.

The only way in which we are going to be successful is if everyone gets behind the effort being made by our athletes, coaches, officials, and administrators. Many sports hold themselves back from experiencing growth because they allow individual interests to get ahead of the big picture. There is nothing more important to our sport than the success of our athletes at the Olympics, and everyone must support them to accomplish their goals.

By working together, we can send a positive message that gymnastics is an important sport. Sports that have grown to the next level have done so from within. Golf, baseball, college basketball, and a few others, have seen the power of developing a strong and loyal fan base.

This summer presents a unique opportunity for you to support gymnastics. If your town is hosting an event, go out and buy tickets. Maybe you can plan a trip to the John Hancock U.S. Gymnastics Championships in St. Louis, or the Olympic Trials in Boston. Get your club to organize special activities around National Gymnastics Day, or to watch the Championships, the Olympic Trials, and the Olympic Games on television.

Whatever you do, let the athletes know that you are behind them. Let your voice be heard in Sydney. Everyone wins when the American flag gets raised.



At the 2000 USA Gymnastics Cup there was a great deal of Five Ring fever in the air with the group of individuals on the right, from left to right: George, USA Gymnastics Chairman of the Board, Steve Nida, United States Olympic Committee (USAOC) member-at-large, USA Gymnastics Coaches President, and Bob Gossen, USA Gymnastics President.

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## GYMNASTICS

### THE MAGAZINE'S MISSION STATEMENT

USA Gymnastics, a bi-monthly magazine, is a benefit of membership from USA Gymnastics. The mission of USA Gymnastics magazine is to communicate with gymnasts, parents, coaches, judges, volunteers, clubs and fans of the sport in order to promote the programs, people, events and services of USA Gymnastics.

**VISION** To inspire and enable our members to achieve excellence in the sport of gymnastics and in life.

### THE ORGANIZATION'S MISSION

The mission of USA Gymnastics is to encourage participation and the pursuit of excellence in all aspects of gymnastics.

**CORE OBJECTIVES** ■ Build the base ■ Promote the sport  
■ Achieve competitive success

### USA GYMNASTICS VALUED SPONSORS



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Associate membership is for parents, grandparents, non-competitive gymnasts, former gymnasts, and other fans of the sport.

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Phone: ( ) \_\_\_\_\_  Male  Female

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(Check one. I am not a member)

Adult: X  L  M  S

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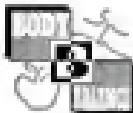
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# WHERE'S YOUR MUSTACHE?

## WHY ALL THE FUSS OVER CALCIUM?

### ARE YOU CLUELESS ABOUT CALCIUM—OR CLUED IN?

Test your Calcium know-how by taking the test below! Check out the answers on the page 11 to see how you did.



Calcium is the silvery white mineral that makes up the majority of your bones. It's super important that you are getting enough calcium from your food because almost half of all bone is formed during the teen years.

4

Vitamin D helps your body use calcium more effectively. You can get vitamin D from:

- A. Being outdoors in sunlight
- B. Drinking vitamin D fortified milk
- C. Both A and B

5

How many 8-ounce glasses of milk do you need to get the recommended amount of calcium every day?

- A. One to two glasses
- B. At least three glasses
- C. More than four glasses

6

Which has the most calcium?

- A. 1/2 cup of broccoli
- B. 3 ounces of sardines
- C. 1 cup cooked soybeans
- D. 1 1/2-cup cup of milk
- E. All have the same calcium content

Answer: **glasses** is great for making your bones stronger because of the impact you get every time you land, but it won't make up for a low-calcium diet. Because, you see, if your body doesn't get the calcium it needs from your diet, it will steal it from its only source—your bones! Over time, that could leave you with weak bones which could lead to fractures and injury—and eventually, even osteoporosis! Do you have a piggy bank? Think of your bones like your piggy bank. The more you put in right now, the more you'll have to spend later! Don't be shy with calcium during the prime bone-building period. Otherwise, your bones won't reach their full potential, and you'll have less calcium stashed away for when you need it later on in life!

Check out these numbers—**8 out of 10 guys and 9 out of 10 girls don't get enough calcium!** And it's as easy as 1, 2, 3—glasses of milk each day!

continued on page 11

## FUN RECIPES TO BOOST YOUR CALCIUM!



### STRAWBERRY SURPRISE

- 1 cup fat milk
- 4 ounces fresh strawberries
- 2 ounces orange juice concentrate
- 1 banana frozen—in 1/2-inch cubes
- 1 cup strawberry yogurt
- Mixed all ingredients in blender until smooth—enjoy!

### CHOCOLATE-PEANUT SHAKE

- 1 cup milk
- 1/2 cup chocolate syrup
- 1/2 cup creamy peanut butter
- 1 cup chocolate or vanilla lowfat frozen yogurt
- In blender, combine banana, milk and peanut butter. Cover and blend until smooth. Add ice cream. Cover and blend until smooth.

Increase your daily calcium by trying these calcium-rich foods:

- Milk
- Yogurt
- Cheese
- Cottage cheese
- Buttermilk
- Canned S. beans with bones
- Soybeans
- Red beans
- Lucky Cookies
- Broccoli
- Oranges

For more awesome milk info, check out the milk web site at [www.whymilk.com](http://www.whymilk.com)



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#### — USA GYMNASTICS MEMBER CLUBS —

Coaches with eight students enrolled are invited free of charge

- Tuition/session: \$345.00
- Additional session: \$225.00
- Enrollment is limited, call or write for your camp brochure. NOTE: Only cashier's check or money order will be accepted for deposit and balance.

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**PLEASE MAIL** this registration fee to:  
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# GYMNASTICS 2000

EVERY BALANCE™ award from page 8

## HEARD 'EM BEFORE? DON'T FALL FOR THESE WHITE LIES!

**MYTH** Drinking milk before competition or practice could lead to cramps and/or stomach cramps.

**FACT** Milk does NOT cause cramps OR stomach cramps! The dryness in your mouth is probably due to dehydration, and cramps could be blamed on anxiety and nervousness, not drinking milk.

**MYTH** Taking calcium supplements can make up for not drinking milk.

**FACT** Calcium supplements, while helpful in some cases, can't completely substitute for a glass of milk. Supplements usually don't provide other important nutrients that may be missing from the diet. Whole food is your best choice.

**MYTH** You must give up all dairy foods if you are lactose intolerant.

**FACT** Completely zapping dairy from your diet may not be the smartest move! You need the nutrients provided by milk, and many people can handle one glass of milk with a meal. Drinking milk with a meal or snack helps aid lactose digestion.

## ANSWERS TO THE CALCIUM QUIZ

**1. TRUE.** Teenagers need 1200-1300 mg of calcium every day, and adults need 1000 mg/day.

**2. TRUE.** Osteoporosis affects 25 million Americans. There is no cure, but you can help prevent it. Make plenty of deposits into your bone "piggy bank" right now! When you have to make withdrawals later in life, you won't be left completely BROKEN! Ways to increase your storage are to remain active (gymnastics is a great sport to build strong bones), and drink three glasses of milk every day!

**3. E BONES.** You only get calcium from two sources, the food you eat or your own bones! To avoid using the calcium from your bones, make sure you take in enough from food sources such as milk, cheese or yogurt. Calcium helps to build strong bones and prevent osteoporosis.

**4. C BOTH A & B.** Vitamin D is essential to help your body use calcium properly, and milk is the primary dairy food that contains vitamin D. Being out in the sunlight also helps your body make its own vitamin D.

**5. B AT LEAST THREE 8-OUNCE GLASSES A DAY.** If you drink three glasses (8 ounces each) of milk every day you will get 900 mg of calcium. The rest of the needed calcium can come from other whole foods!

**6. D ONE 8-OUNCE CUP OF MILK.** One cup of milk has about 300 mg of calcium. You would have to eat seven cups of raw broccoli, more than three ounces of canned sardines, six oranges, or two cups of soybeans to get the same amount of calcium that is in one cup of milk! Doesn't milk sound like an easier way to get what you need?

Information adapted from [yk.com](http://www.yk.com)

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# EVENTS

## MAY

**4-7**J.O. NATIONAL CHAMPIONSHIPS (M)  
Austin, TX**5-7**J.O. NATIONAL CHAMPIONSHIPS (W)  
Lansing, MI**11-15**USOC OLYMPIC MEDIA SUMMIT (M/W/T)  
Houston, Texas**12-14**J.O. NATIONAL CHAMPIONSHIPS INDIVIDUAL & GROUP (M)  
Seattle, WA**19-21**USA GYMNASTICS EXECUTIVE COMMITTEE/BOARD MEETINGS  
Indianapolis, IN**23-28**INT'L FRIENDSHIP TRAINING CAMP (W)  
Honolulu, Hawaii**26-30**J.O. NATIONAL TRAINING CAMP (W)  
Colorado Springs, CO

## JUNE

**1-4**WOMEN'S HIGH PERFORMANCE COACHES SEMINAR (W)  
Orlando, FL**3-4**LEVEL 9 CHAMPIONSHIPS (W)  
Houston, TX**6-8**REGION 2 CONGRESS  
Palo Alto, CA**11-18**MEN'S JR. NATIONAL TEAM CAMP  
Colorado Springs, CO**23-25**U.S. CHALLENGE (W)  
Montello, WIUSA GYMNASTICS NATIONAL GYMNAST & NATIONAL TEAM GYMN CHAMPIONSHIPS (OG)  
Disney University, Orlando, FL**24-25**RHYTHMIC WESTERN (W)  
W. Bloomfield, MI**TBD**GYM-2000 CHAFEST (OG)  
Kinstonwood, NC**27-JULY 3**J.O. NATIONAL CHAMPIONSHIPS (TR/TU)  
Cincinnati, OHWORLD CUP COMPETITION 2 STOPS (TU)  
Cancun & U.S.TRAMPOLINE JUDGES SYMPOSIUM (OG)  
Disney University, Orlando, FL

## JULY

**7-9**U.S. CLASSIC/NATIONAL GYMNASTICS FESTIVAL (W)  
Tulsa, OK**8-9**RHYTHMIC EASTERN (E)  
Brooklyn, NY**26-29**JOHN HANCOCK U.S. GYMNASTICS CHAMPIONSHIPS (M/W/TR/TU)  
St. Louis, MO**27-30**REGION 4 CONGRESS (W)  
St. Louis, MO

## AUGUST

**2-8**PAN AM JR. CHAMPIONSHIPS (B-IND. & GROUP)  
Parker, CO**12**NATIONAL GYMNASTICS DAY  
Vancouver, BC**15-20**U.S. OLYMPIC TRIALS (M/W/TU)  
Boston, MA**18-20**USA GYMNASTICS NATIONAL CONGRESS  
Boston, MA

## SEPT

**1-4**REGION 1 CONGRESS (M/W/TU)  
New Orleans, LA**16-OCTOBER 1**OLYMPIC GAMES (M/W/TU)  
Sydney, AU**22-24**REGION 2 CONGRESS (W)  
Portland, OR**29-OCT. 1**REGION 7 CONGRESS (W)  
Virginia Beach, VA

1999 USA GYMNASTICS CALENDAR

M-Man, W-Women, B-Rhythmic, E-Eastern, TU-Tumbling, OG-General Gymnastics

# OCT

**13-15**NATIONAL TOPS TESTING—EAST (W)  
Indianapolis, IN**20-22**NATIONAL TOPS TESTING—WEST (W)  
Phoenix, AZ**30-NOV. 5**FIG INTERCONTINENTAL JUDGES  
COURSE (W)  
Rome, Italy**14 - MID-DEC.**POST-Olympic TOUR (M/W/ATL/TW)  
Various Sites**20**BEESE'S GYMNASTICS CUP (M/W)  
New Orleans, LA**TBD**PAGU CHILDREN'S INTERCLUB  
CHAMPIONSHIPS  
Mexico

# NOV

**11-12**PONTIAC INTERNATIONAL  
TEAM CHAMPIONSHIPS  
(W/W/SWS)  
Richmond, VA**13-15**FIG CONGRESS  
Montevideo, MZ**21-27**JR. PAN AMERICAN CHAMPIONSHIPS (W/W)  
Buenos Aires, ARG**TBD**FUTURE STARS NATIONAL  
CHAMPIONSHIPS (M)  
TBDCOACHES WORKSHOP (M)  
TBDFALL TEAMGYM  
CLASSIC (G)  
TBD**DECEMBER****6-10**NATIONAL TOPS  
TRAINING CAMP (W)  
Arlington, VA**8-10**USA GYMNASTICS  
EXECUTIVE COMMITTEE,  
BOARD MEETINGS**13-20**FIG  
INTERCONTINENTAL  
JUDGES COURSE (W)  
Prague, CZE**16**TEAM-GYME WORLD CUP  
FINALS (T)  
Orlando, FL**2000****EVENT** **TF DATE** **NETWORK** **TIME (ET)**  
**JOHN HANCOCK U.S.**  
**GYMNASTICS CHAMPIONSHIPS**

July 28-29

St. Louis, Missouri

July 29 (W)

July 30 (W)

August 5 (W)

NBC Sports 9:00-10:30 p.m.  
10:00-11:30 p.m.  
11:00-12:30 p.m.

For Olympic Team selection information call: 813-434-2671

**U.S. OLYMPIC TRIALS**

August 15-20

Boston, Mass.

August 19 (W) NBC Sports 8:00-10:00 p.m.  
August 20 (W) 12:00-2:00 p.m.  
August 20 (W) 7:00-9:00 p.m.**BEESE'S GYMNASTICS CUP**

October 20

New Orleans, LA

November 18 NBC Sports 2:00-4:00 p.m.

**2001****13-19**FIG  
INTERCONTINENTAL  
JUDGES  
COURSE (W)  
Arlington, VA**15**VISA GYMNASTICS SERIES QUALIFIER I (W/W)  
TBD**22-28**FIG INTERCONTINENTAL JUDGES COURSE (W/TW)  
Brussels, BEL**2001****AMERICAN CUP QUALIFIER I**

January 14, 2001 January 14 (Tues) NBC Sports 3:00-5:00 p.m.

**AMERICAN CUP QUALIFIER II**

February 3, 2001 February 3 (Wed) NBC Sports 3:00-4:00 p.m.

**VISA AMERICAN CUP FINALS**

February 26, 2001 February 26 (Sat) NBC Sports 4:00-6:00 p.m.

All dates and events subject to change or cancellation.



Chris Waller's

# Summer Gymnastics JAM



Santa Barbara,  
California

## GymJam 2000 Olympic Lineup:

Blaine Wilson  
Dominique Moceanu  
Kip Simons  
Amanda Borden  
Mihai Bagiu  
Liliya Podkopayeva  
Kim Zmeskal

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Yewki Tomita

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or Write: Chris Waller's Summer Gymnastics Jam, 10664 National Boulevard, Suite 1105, Los Angeles, CA 90064

Photos of Liya Podkopayeva and Blaine Wilson © Dave Knob

# FUN PAGE

HEY KIDS...  
CAN YOU FIND FLIP?

Meet Flip, the USA  
Gymnastics mascot!

In this issue there are 10 Flip stickers.

Stamp the page. Can you find all 10?

Flip! The answer is on page 47.



## WORD SEARCH

FIND THE TWELVE HIDDEN

GYMNASTICS WORDS!

Words can be across, down or diagonal.

• POMMEL HORSE

RINGS

MEDAL

BEAM

• GOLD

GYMNASTICS

FLIP

TEAM

• TUMBLE

ROPE

USA

TRAMPOLINE

W	K	R	I	N	G	S	P	L	R	S	U	S	A
S	E	H	O	G	H	V	O	B	O	J	X	C	I
F	W	G	T	K	L	S	M	S	P	F	G	Y	L
E	R	H	R	M	G	R	M	L	A	Q	R	Y	G
O	A	D	A	J	K	O	E	C	B	M	L	O	Y
Z	T	U	M	B	L	E	L	B	T	R	Y	M	M
A	Q	F	P	H	M	N	H	D	T	O	K	S	N
Q	F	H	O	L	I	O	O	X	E	P	Y	U	A
S	I	L	L	O	U	I	R	B	M	E	C	F	S
T	P	X	I	P	O	Y	S	J	G	D	F	R	T
E	S	L	N	P	M	Y	E	F	R	E	C	X	I
A	I	Y	E	N	A	B	P	J	L	M	B	C	C
M	V	B	N	M	J	E	H	R	E	J	O	L	S
W	G	J	N	M	K	A	U	T	G	D	S	E	W
I	O	J	Y	G	F	M	E	D	A	L	G	H	J

WORD SEARCH  
ANSWERS ON  
PAGE 47

4TH ANNUAL

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JUST OUTSIDE  
ORLANDO, FLORIDA  
January 26-28, 2001

WOMEN'S COMPETITION  
Levels 4 thru Elite

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# Olympic Gold Medalist Amy Chow Wins Blue Water International Invitational

1996 Olympic gold medalist Amy Chow won the 2003 Bluewater International Invitational held in Toledo on March 19 with a 39.625 score of 10. She finished first bars and beam, scoring a 9.7 on both events. Chow finished third on vault (9.175) and beam (9.15).

"We are very proud of Amy's results at the Bluewater Invitational, and see this as a positive sign for the women's program as we get closer to the 2008 Olympic Games," said USA Gymnastics President Bob Gabroski.

Canada's Kyla Richardson and Australia's Melinda Cleland were second and third scoring 37.652 and 37.600, respectively.

Chow's teammates were Rachel Tild from SOGGA, who finished sixth all-around with a score of 37.012, and Annabeth Eberle from Star Gymnastics who placed eighth with 36.942. Eberle also won the vault event with a 9.282.

U.S. Junior National Team Member Courtney Kupets from Hills won the junior all-around competition with a 36.475. She also finished first in all four events, scoring a 9.35 on vault, a 9.025 on bars, a 9.555 on beam and a 9.475 on floor.

Courtesy: CGA

by Courtney Caron



Amy Chow

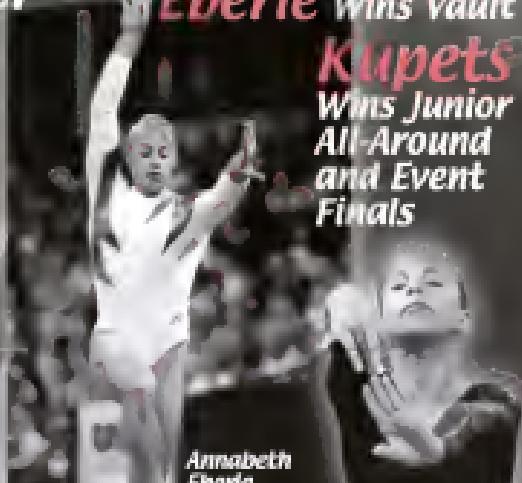
## Eberle Wins Vault Kupets Wins Junior All-Around and Event Finals

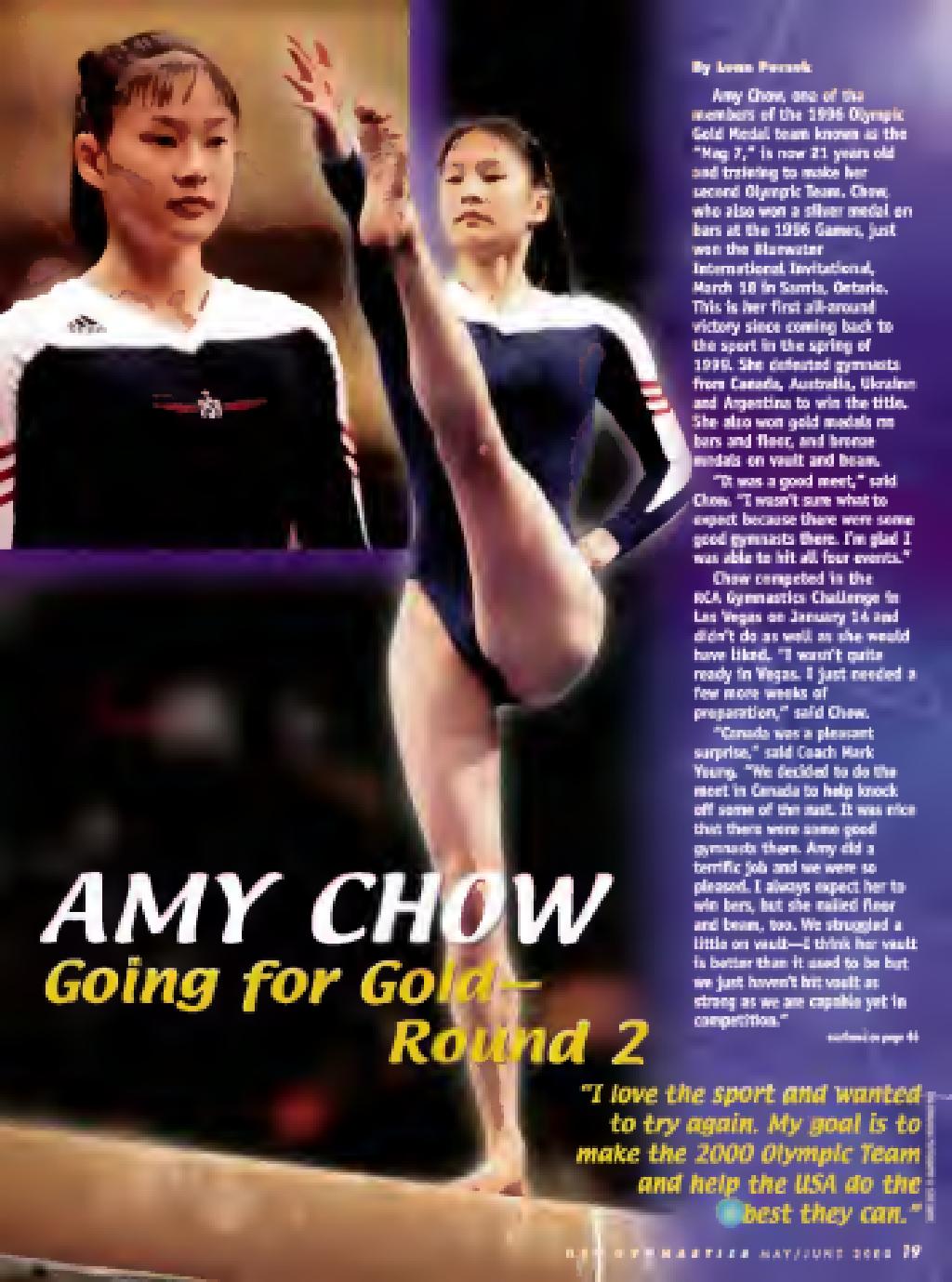
Annabeth Eberle

Rachel Tild



Courtney Kupets





By Leslie Perreak

Amy Chow, one of the members of the 1996 Olympic Gold Medal team known as the "Mag 7," is now 21 years old and training to make her second Olympic Team. Chow, who also won a silver medal on bars at the 1996 Games, just won the Bluewater International Invitational, March 18 in Sarnia, Ontario. This is her first all-around victory since coming back to the sport in the spring of 1998. She defeated gymnasts from Canada, Australia, Ukraine and Argentina to win the title. She also won gold medals on bars and floor, and bronze medals on vault and beam.

"It was a good meet," said Chow. "I wasn't sure what to expect because there were some good gymnasts there. I'm glad I was able to hit all four events."

Chow competed in the AGA Gymnastics Challenge in Las Vegas on January 14 and didn't do as well as she would have liked. "I wasn't quite ready in Vegas. I just needed a few more weeks of preparation," said Chow.

"Canada was a pleasant surprise," said Coach Mark Young. "We decided to do the meet in Canada to help knock off some of the rust. It was nice that there were some good gymnasts there. Amy did a terrific job and we were so pleased. I always expect her to win bars, but she nailed floor and beam, too. We struggled a little on vault—I think her vault is better than it used to be, but we just haven't hit vault as strong as we are capable yet in competition."

continued on page 14

# AMY CHOW

## Going for Gold— Round 2

*"I love the sport and wanted to try again. My goal is to make the 2000 Olympic Team and help the USA do the best they can."*

# American Classic



TANITHA TIM

TASHA SCHWIKERT

MONIQUE CHANG

Tasha Schwikert from Ignite in Randolph, N.H., won the 2000 American Classic title at the Boys/Sparks Competition Center, Feb. 12-13. Schwikert, 16, coached by Connie Ross, said, "It was very exciting. I came in pretty prepared with all of my routines and I'm glad that I hit. I didn't add any new skills from the USA Gymnastics Challenge or the Jessie Barrett Gymnastics Invitational because the American Cup finals were the next weekend and I wanted to be prepared for that event as well."

Tasha, who also won the beam event, competed in four major competitions in six weeks including the USA Gymnastics Challenge, Jessie Barrett Gymnastics Invitational, American Classic and Visa American Cup. Coach Ross said, "Tasha continued to improve in each competition. We were really pleased that she was able to hit all four events in the last two competitions. Tasha was eighth at last year's Classic so finishing first this year was a big milestone for her."

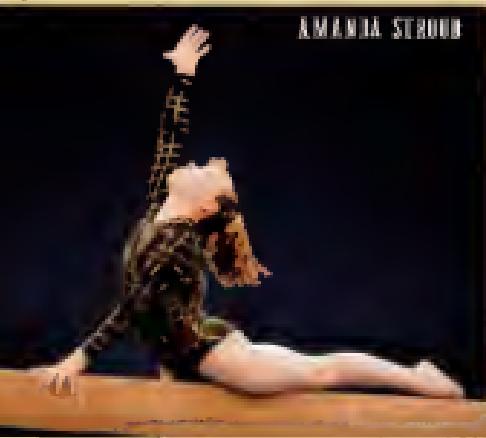
Tasha added, "I love competing but I'm glad I have time now to add new skills and clean up my routines."

Monique Cheng from Capital Gymnastics in Burke, Virginia, was second and Kendall Strohm from Great American Gymnastics Express in Blue Springs, Mo., was third.

In the junior division, Shiloh's Fabulous Team took top honors in the all-around. Eva, 14, is coached by Steve and Bob Rybicki in Carlsbad, Calif. Tashita said, "I was really happy to win the American Classic. I was proud that I stayed focused during the competition."

Lindsay Jenkins Rydel from World Olympic in Plano, Texas, and Courtney Tapscott from Hills in Pittsburgh, Md., were second and third all-around in the junior division.

continued on page 40



AMANTIA STROUD

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# STRIVING FOR EXCELLENCE



Erinn Doolay, Marie Jordahl, Kristin Makemay, Dena Price, Elise Ray, Tasha Schwilkot, and Morgan White. Invited but missing were Jessie Thompson, Stern Sigman, Amy Chou, Annabelle Bach and Robin Phelps. Chou and Eberle were competing in an international competition in Canada and the other gymnasts were recuperating from injuries.

After a short meeting, the first order of business was to warm-up. Bob directed the gymnasts through 20 minutes of endurance training. Next, the gymnasts were given 12 minutes to complete a series of conditioning drills including traditional push-ups, press handstands, east handstands, eye climb, chin-up to invert, hang and back to stretch hang, V-ups, transition holds against the wall and handstand walks, just to name a few.

The focus of the Warren National Team Camp in March was physical

resilience, strength, flexibility, stamina and coordination. According to this, the USA Gymnastics National Team Coordinator, "The camp will evaluate the coaches. It will be a good indication of where we stand and set values for each coach."

The April camp will select two teams; one will compete in the Pacific Alliance in New Zealand, April 30-25, and the other team will compete in Israel, April 18-24.

He said, "We hope the gymnasts will peak in April and then be able to go home and upgrade their routines again going into the John Hancock U.S. Championships in July. Of course, the Olympic Games must be the ultimate goal and we want to be an Olympic medal contender."

10 of 10



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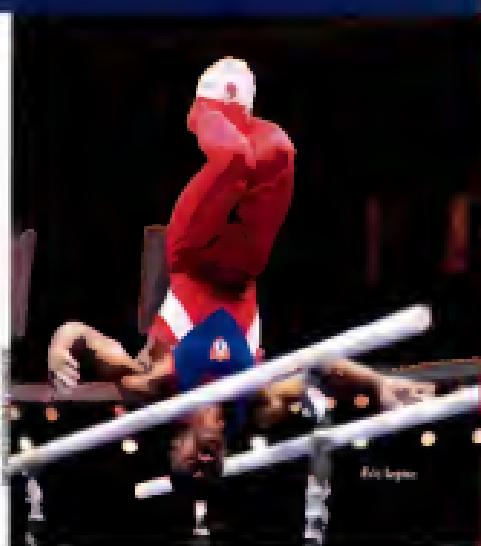
## American Cup Series

Eric Lopez and Elena Produnova—  
1990 Visa American Cup Champions

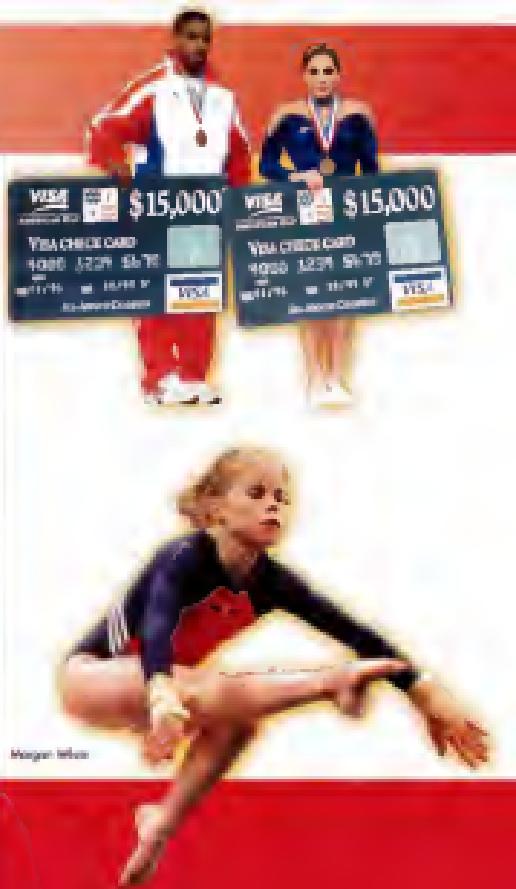
# 25<sup>TH</sup> VISA AMERICAN CUP

By Leon Pesch

**Elena Produnova of Russia and Eric Lopez of Cuba were crowned winners of the 25<sup>th</sup> Visa American Cup on February 26 at the T.D. Waterhouse Centre in Orlando, Fla., and took home the prestigious honor as well as the prize money!**



Eric Lopez



Morgan Miller

Produnova, who finished fourth all-around at the 1990 World Championships and was a team silver medalist, said, "It's happy to do well because every event is important in an Olympic year." Produnova also won the RGA Gymnastics Challenge in January, which was the first qualifying event of the Visa American Cup Series.

Lopez became the first Cuban gymnast to win an American Cup title in the event's history. Lopez, defeated Russia's Alexey Bondarenko in a close race to the finish, scoring 86.624 to 86.461. The competition all came down to the high bar. Bondarenko was in the lead after five events but only scored a 9.25 on his high bar routine, while Lopez scored a 9.55, allowing him to surpass Bondarenko and take the title.

Bondarenko was the one on top after the RGA Gymnastics Challenge. Eric Lopez, who is the 1988 Pan-American Games all-around champion, turned in strong and consistent performances to grab the title during the Visa American Cup finals.

Lopez said, "This result is very good for Cuba. It shows that in spite of the difficulties there, we still have great sports programs."

Morgan White, from Deborah Gymnastics, won the all-around silver medal, scoring 37.730 and took second on floor with a 9.650. U.S. gymnast Sasha Schwab, from Gym Cats, placed fourth all-around with a 37.593 and tied for second on beam with a 9.452.

Morgan said, "I'm really proud of my performance and the way I overcome my nerves. I had a few small mistakes that I would like to correct, but overall I am very happy with the way I competed. The best part of the competition was when I finished my last tumbling pass on floor and the crowd cheered really loud—and I knew I had done the best floor routine I could."

Morgan's coach, Mary Lee Tracy, said, "Morgan's biggest accomplishment was handling the pressure. It doesn't go away at this level. The key is digging down and dealing with it. Now she knows that she can do it." Morgan went straight to Belo's comp after the meet and did an outstanding job."

Tashia commented on her fourth place finish saying, "I wanted to come here to try, which I did. Little things were not as I wanted, but overall I was pleased with my performance today." She added, "It's been hard having three major meets in one and a half months. I didn't have time to add new skills, but it was also great experience for me." As for what is next, Tashia said, "We're going to continue short valves on beam, get a more difficult vault, upgrade my floor passes and clean up everything."

continued on page 26

The all-around champions

of the Visa American

Cup received

\$15,000.

Total prize

money for the

Visa American

Cup Series was

\$150,000.

by Kristen



by Kristen



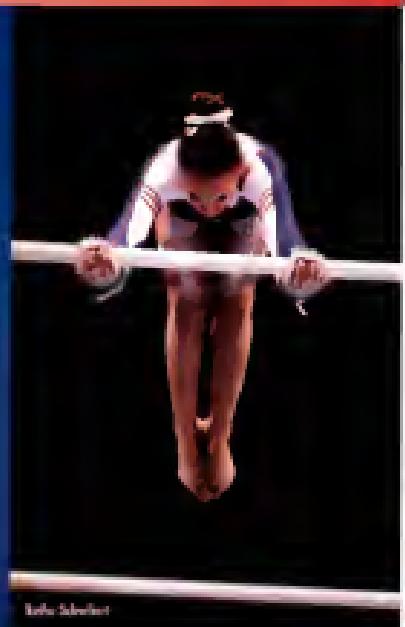


continued from page 25

Two-time Olympian John Roethlisberger earned the all-around bronze medal with a score of 86.075 behind Lopez and Borkowski. He also placed second on pommel horse (9.875), rings (9.525), and parallel bars (9.425). Roethlisberger, a two-time Visa American Cup winner said, "Obviously I would have liked to finish with the title, but at the same time, I'm very happy with how I did. Today is the first time I've done my Katsenbach full split leap on the hard floor since I injured my knee on this skill back in 1990, so it was kind of a psychological hurdle for me. My gymnastics is heading in the right direction, but I am the kind of person who always wants to be on the winner's podium, so anything I'm not, there is always a part of me that is not satisfied. This was definitely a positive step toward Sydney."

U.S. gymnast Joy Thomas placed seventh with a score of 84.425 and was third on floor with a 9.267. "I was happy with how today went because my game plan was to be as aggressive as possible," said Thomas. "I know this would be one of my last opportunities to compete my routines with full difficulty before Championships and Trials. I was especially aggressive with high bar. I know how much work I have to do now. In that respect I was happy with how I did."

During the competition, several past American Cup champions were honored, including Inaugural champions Kurt Cauer and Neela Gosselink. See the list of past champions on page 42.



Kathy Kreider



Ryan Weingroff

## MISSING FROM THE COMPETITION

Two-time American Cup Champion Blake Whitley scratched from the competition on Friday prior to the meet. Whitley was unable to find a replacement and had to withdraw from the competition. He was replaced by Kurt Thomas and Kurt Cauer with a record of three all-around victories in the American Cup. Whitley had shoulder surgery in November and he said, "My shoulder is about 85% right now and would be good enough to compete if I had to, but with the Olympics just ahead, I need to sit this one out." Whitley added, "Personally I would have walked in there and said, 'Hey, I'm ready to go!' But, I don't want to go to the Olympics like I went to Worlds--half hurt. It's really hard to practice but it's just not my day yet."

Mike Ray, who was the Atlanta Homeless Gymnastics Invitational, also scratched from the Visa American Cup due to a stress fracture in his right knee. Ray was the highest all-around gymnast for the USA at the 1999 World Championships, finishing eighth.

continued on page 42

Left: Ryan Weingroff opens the meet on pommel prior to the Visa American Cup.

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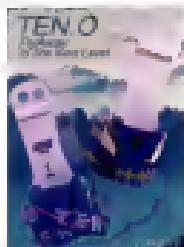
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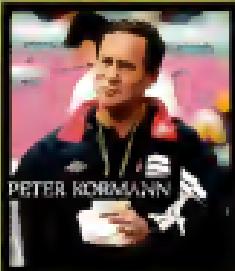
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# Climbing a Mountain to Win a Medal

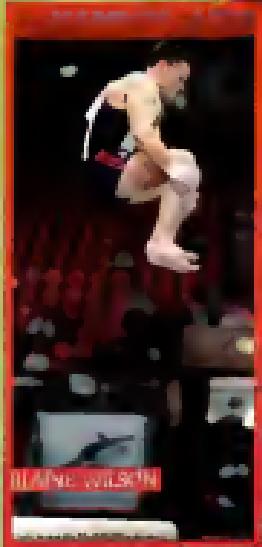
By Lynn Peacock



Peter Kormann, the USA Gymnastics Men's National Team Coordinator, has led the U.S. men's team at World and Olympic events since 1995. The plan seems to be working because the men continue to climb the ranks in international gymnastics. Peter said,

"I feel like we've been climbing a mountain and every time we think we're at the top we look up and realize that we have another peak to climb. I feel like we're at the top of the mountain this time."

Peter's role is to coordinate the efforts of the U.S. elite athletes and coaches across the country. He assists with the development of individual training plans and goals for the athletes and coaches, as well as for the U.S. team at major national and international events. He oversees the visitation and elite clinician programs and also organizes national team training camps and final preparation camps for major international events.



BLAINE WILCOX



YEVGENI TSVETKOV

Peter gives an in-depth look at the USA men as they head into the summer of 2000 and preparation for the Olympic Games in Sydney.

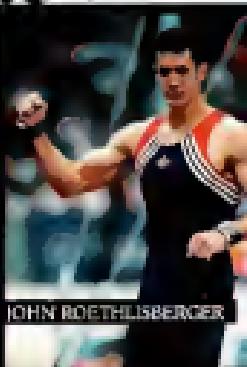
**Q:** How has training been going?

**A:** Good. We've had a number of guys injured who are on the road to recovery. The guys are training hard, looking good and doing well in competitions. Six months ago we were not completely healthy but it looks like everyone is getting to where they need to be.

**Q:** Tell me about the coaching staff for the 2000 Olympic Games?

**A:** Since 1995, every coach with an athlete on the World Championships or Olympic Games team is considered a "team coach." Every coach who puts a guy on the Olympic Team will travel to the Olympic Games and will be a part of the coaching

continued on page 10



JOHN ROETHLISBERGER

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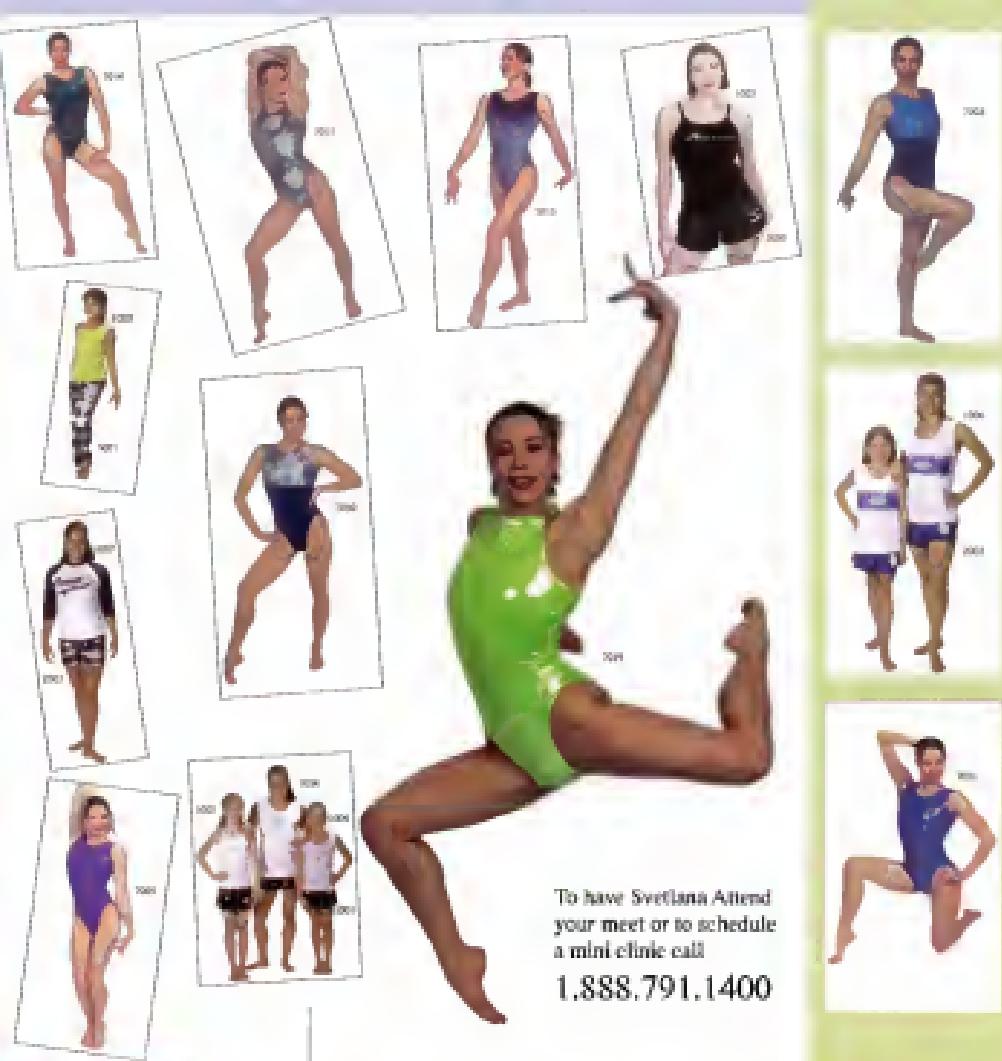
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GUARD YOUNG

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U.S. National Team Member Guard Young, Sean Townsend, Jeannette Antolin, Jennifer Paolillo and Ryan Weston competed in the 2000 Quantas International Challenge at the Sydney Superdome, February 24-27. Known as the Olympic test event, it was the first artistic, rhythmic and trampoline competition to take place at the Olympic venue for gymnastics. The top 10 countries from the 1999 World Championships were invited to compete in the

2000

February 27

## GUARD YOUNG WINS GOLD ON FLOOR AT 2000 QUANTAS INTERNATIONAL CHALLENGE

By Courtney Caron



Photo: AP/Wide World

JENNIFER PARILLA

2000 (continued from page 21)

**GUARD YOUNG** from BYU won floor scoring 9.537. Young also finished 11th in the all-around and sixth in the parallel bars and vault event finals.

**SCOTT TOWNSEND** from Houston Gymnastics Academy placed sixth in the men's all-around competition scoring 85.200. He also placed fifth in the parallel bars and vault event finals.

**JEANETTE ADDONISI** from SCATS in Huntington Beach, Calif., placed 15th of around with a score of 34.343. She also placed eighth on vault and bars.

2000 Trampoline Olympian **JENNIFER PARILLA** from Southern California Trampoline Academy placed sixth in the women's trampoline final, scoring a 37.00. Parilla also finished ninth at the World Cup in Sydney (fourth among the Olympians), which qualified her to compete in the test event.

1999 U.S. Trampoline National Champion **EWAN WESTON** from Chellock, Wash., and the Performance, placed 12th in the men's competition. Weston is the second alternate for the 2000 Olympic Games. Weston finished eighth at the World Cup, which qualified him to compete in the test event as well.

2000 U.S. TEAM		
1. Sam Mikell	98	20.00
2. Amy Chow	98	20.00
3. Jennifer Kessell	98	20.00
4. Jennifer Parilla	98	20.00



2000 U.S. TEAM

2000 U.S. TEAM		
1. Amy Chow	98	20.00
2. Jennifer Kessell	98	20.00
3. Sam Mikell	98	20.00
4. Jennifer Parilla	98	20.00

## RESULTS

WOMEN'S ALL-AROUND		
1. Amy Chow	98	20.00
2. Jennifer Kessell	98	20.00
3. Sam Mikell	98	20.00
4. Jennifer Parilla	98	20.00

MEN'S ALL-AROUND		
1. Sam Mikell	98	20.00
2. Jennifer Kessell	98	20.00
3. Sam Mikell	98	20.00
4. Jennifer Parilla	98	20.00

## RESULTS

MEN'S ALL-AROUND		
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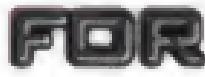
STEVE MCCAIN STARTED OFF THE NEW MILLENNIUM IN STYLE BY WINNING THE WINTER CUP CHALLENGE. HE'S TRAINING AT THE OLYMPIC TRAINING CENTER IN COLORADO SPRINGS, COLO., WHERE THE ENVIRONMENT SURROUNDING HIM IS ALL ABOUT THE OLYMPIC GAMES. WE TALKED TO STEVE TO FIND OUT HOW TRAINING IS GOING, HIS GOAL FOR THIS OLYMPIC YEAR AND WHAT LIES AHEAD FOR HIM.

**Q:** WHAT WAS IT LIKE TO WIN THE WINTER CUP CHALLENGE AND SET THE PACE FOR THE OLYMPIC YEAR?

**AM:** It was a very rewarding experience for me. I remember feeling absolutely amazing on both days of competition. I told myself there was no excuse for not winning the competition. It feels good to be competing well in the Olympic year, but there is still a lot of work to do.

**Q:** HOW IS TRAINING GOING AT CTC AND WHAT IS YOUR TRAINING SCHEDULE?

**AM:** It's been very hard and very stressful at the CTC. Monday is mainly basics on every event. We start at 10:30 a.m. each morning and train until 10:30 p.m. We come back to the gym at 4:00 p.m. for individual areas such as skills, strength, and conditioning. Tuesday is the same time schedule but with routines. Night routines, or half routines depending on the time of year. Wednesday is routines on the other events. Thursday is a light day with skills on trampoline, beam, and light conditioning. There is no evening training. Friday is



usually a practice meet on every apparatus. We always invite the visitors who are touring the CTC to come and watch. Saturday is half routines, preflight areas, and our favorite—the strength circuit. Evening is off. Sunday is rest.

**Q:** HOW DO YOU ADDRESS ANYTHING THAT'S NOT GOING WELL?

**AM:** When I first arrived at the CTC a year ago, I had to add a lot of new skills to get my difficulty up to par. It was very challenging to hit those routines on the big competitions. It really gave me a lot of confidence. I am currently trying to make a few more small additions, but mainly

focusing on refining each routine.

**Q:** ARE YOU DOING ANY SPECIAL OLYMPICS PROGRAMS?

**AM:** I don't think there is anything special about my conditioning, except that I do it a lot. You develop your own program based on years of numerous and tiny distinctions that have determined what works and what doesn't. Each individual knows what he or she needs to do to be prepared. You have to be meticulous with your training and your lifestyle. If I am weak in a certain area, I can't blame it on the coach; it's my responsibility to recognize it and fix it. Sometimes the workload can be overwhelming. You have to keep reminding yourself why you are doing it.

**Q:** WHERE DO YOU FEEL YOU'RE IN TERMS OF YOUR OLYMPIC YEAR?

**AM:** I could probably count the number of competitions I have left on one hand. Pacific Alliance, John Hancock U.S. Championships, Olympic Trials, and the Olympic Games. We will see what happens after that.

**Q:** HOW WELL WILL YOU PREPARE FOR THESE AND OLYMPICS?

**AM:** I will maintain the work ethic and philosophy that I have been using all year long. There is a lot of speculation that goes on during the Olympic year. Everyone is trying to pick the team, but no one knows how people are going to react to the pressure. I don't want to get caught up in that nonsense. I have learned a lot from missing the last Olympics. I know what I need to do, and I will make sure that it gets done.

**Q:** IN YOUR OPINION WHICH NATION IS THE CHINESE AND RUSSIAN MALE GYMNASTS IN YOUR OPINION? AND THEIR STRENGTH?

**AM:** First of all, they are absolutely "beautiful." I want to help make that a reality. Chinese and Russian gymnasts are strong because they have to be. They take a lot more to beat than we do. When I traveled to Russia and China I realized that Americans are ferocious.

We have so many things that we take for granted. I know we have all heard it before, but it is true. Sport is

By Leon Reczak

an opportunity for them to have a better life-style. Although, I believe Americans train and compete because they have a stronger desire to win. That is the magical spirit we possess.

**Q:** YOU FINISHED 12TH AT THE 1996 OLYMPIC TRIALS. WHAT WOULD IT MEAN TO YOU TO MAKE THE 2000 Olympic Team?

**AM:** It would mean that I could achieve what I set my mind to do. I also think it would be one of the most memorable experiences of my life because of the sacrifices it takes to get there.

continued on page 36

**QUESTION** (continued from page 16)

**Q:** YOU'RE A THREE-TIME WORLD CHAMPIONSHIP TEAM MEMBER AND PAN-AMERICAN CHAMPION TEAM MEMBER. YOU HAVE A GREAT DEAL OF EXPERIENCE IN THE MEN'S PROGRAM. HOW HAS ANYTHING CHANGED IN THE MEN'S PROGRAM IN THE LAST EIGHT YEARS SINCE YOU FIRST MADE THE NATIONAL TEAM?

**A:** Growing up with gymnastics has been inspiring. It's hard to tell which has changed the most, the person or me. The opportunity gymnastics has given me were unthinkable at the time I started. From setting goals at a young age to getting a college scholarship to USA, to traveling around the world, to meeting and being influenced by so many people, to having the ability to be as good at something as I possibly can. I enjoy gymnastics more now than ever because I respect and appreciate these gifts.

**Q:** WHAT CAN WE EXPECT FROM THE LINE-UP AT THE 2000 OLYMPICS?

**A:** We want a medal ready bad. For a lot of us, it is our last run, I don't want to walk away from this sport without standing on that award platform at the Olympic Games. You can expect us to do everything possible to make that happen.

**Q:** WHAT DID YOU LIKE TO DO OUTSIDE OF GYMNASTICS?

**A:** I am always trying to educate myself somehow. I spend a good deal of time on computers, reading, following the stock market, and playing guitar. You have to get offsite at the Olympic Training Center, or you will run out of things to do.

**Q:** TELL ME ABOUT YOUR BUSINESS VENTURE WITH JAY THORNTON?

**A:** Jay and I have started a publication and website dedicated to promoting gymnastics while informing the base of the insights and lifestyle of our sport. The publication is called the American Gymnast Journal, and the website address is [www.americangymnast.com](http://www.americangymnast.com). It is a lot of hard work, but we are having fun with it. We have established a platform where gymnasts and coaches can get information directly from other gymnasts via email, articles, interviews, pictures, or chats. We personally answer every email we get. So did I mention the web address is [www.americangymnast.com](http://www.americangymnast.com)?

**Q:** TELL US ABOUT YOUR PARENTS?

My family is amazing. My mom and dad got divorced when I was little, so I grew up with my mom and sister. They have sacrificed so much to help me be the gymnast I am today. They never gave up on me even during the hardest parts of my career. I admire and respect them more than anyone in the world.

**Q:** WHAT ARE YOUR PLANS AFTER THE OLYMPICS?

**A:** I would like to promote gymnastics as much as I can. I will have to think about whether or not to compete in the 2002 World Championships. There are a lot of things I want to try, like snowboarding, martial arts, mountain climbing, scuba diving, etc. I want to move back to Los Angeles and finish the few classes I have left at USA. Eventually I also want to get a Masters Degree in Business.

**STEVE, THANKS FOR YOUR TIME AND GOOD LUCK!**

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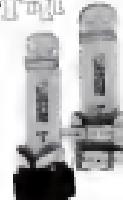


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# AWARDS



Jessica Cox



## United Auto Workers and General Motors sponsored 100 Olympic hopefuls by giving away brand new automobiles.

Jay Thorson received a 2000 Pontiac Grand Am and John Barthelmeberger received a 2000 Pontiac Montana. Athletes from all Olympic sports filled out applications which included personal status, competition history, and an all-or-nothing statement. A selection committee composed of others greats, including Carl Lewis, Evelyn Ashford, Gail Huff, and Robert Wadlow made the final decision on to which 100 athletes would receive the automobiles.

Congratulations to Jay and John for being the only two gymnasts to receive automobiles.



Two gymnasts, Jessica Cox and Krista Phillips-Bonner, received travel and training grants from the Women's Sports Foundation. Jessica is a member of the Junior National Team and Krista of Southern Indiana Gymnastics in Oberlin, Indiana. Krista is one of Worldwide Gymnastics' six All-around Pros in Allentown Park, New Jersey.

## SCHOLARSHIPS AWARDED

The ninth annual Jason Whithfield Invitational, held Feb. 2-4 at the University of Michigan, once again was a huge success with nearly 500 gymnasts from all over the United States. The Jason Whithfield Memorial Foundation awarded four scholarships to Team Wells (\$4,000), Vicki Stevens (\$3,000), Corey Lynch (\$2,000), and Jim Frosty (\$1,500). Thus far, the foundation has awarded a total of \$46,500 in scholarships to male gymnasts.

The Jason Whithfield Memorial Foundation does an up-to-date Jason's part alive in the sport he loved and to award scholarships to outstanding male gymnasts for the purpose of advancing some portion of their training or educational expenses. Jason was an inspiring person who was killed in a motorcycle accident in 1991.



## RHYTHMIC LIGHTS UP GRAMMY AWARDS

Four former rhythmic national team members, including Frances Abbottelle, Marisol Boule, Bimbo Scopeti and Vanessa Wunder-Payne were on the list of entertainers of February's Grammy Awards, which honors the year's best musical artists.

"TLC requested rhythmic gymnasts in their numbers," said Wunder-Payne. "We rehearsed for around four hours each day, the week prior to the show."



Photo by Foster Payne photo with assistance of TLC

Wunder-Payne said, "It was a lot of fun. I got to see stars with whom I've grown up listening to. It was cool meeting Elton John, Barry Manilow and I really enjoyed getting to meet Robin O'Donnell. In fact, I got to teach Robin a little rhythmic gymnastics (she pretended to be in half down the front and back)." When asked if she was nervous, Wunder-Payne said, "I love performing. I got a little something in my body when I walk on the stage, but on occasion I do get a little, confident and relaxed. It's a great feeling."

Betty Martin also used former rhythmic gymnasts in her performances including former USA National Team Member Carroll Fischer and former European National Team Member Salla Angelova, who is the daughter of rhythmic coach Doina Angelova. Wunder-Payne added, "For all the Rockin' Boys and NSYNC, the groups posted up in the hall and they are VERY CLEVER!"



## News from USA Gymnastics Properties

### Post-Olympic Team

USA Gymnastics is pleased to announce it has partnered with Edge Marketing to conduct a Post-Olympic Tour of Olympic Champions. This tour will visit 10 cities on October 14 and 15, with 40 stops before Christmas.

### 2000 Olympic Team

**Telecommunications:** ComEd USA Gymnastics partner Visa and Toyota and new partner Samsung have joined on as sponsors of the Olympic Trials. To date over 20,000 tickets have been sold for this event.

### On April 17, 2001

Rockin' Boys' gymnasts

marketing tour, training

for Speed Center (St. Louis)

management, officiating

preliminary processes

on-field performances

On all the groups will be

in the summer! **Julian**

**Hannah, Bill,**

**Gymnastics**

**Championships** in

**St. Louis**

### CORRECTION

In the January/February issue we printed a listing of the USA Gymnastics Industry Members. There was an error made in a telephone number. The correct listing is: Brooklight, Inc., Brookline, Mass.

Brooklight, Inc.  
800-339-3377  
Fax: 617-229-2020  
(617) 229-5184  
Sorry for the inaccuracy!

## RESULTS

### INTERNATIONAL COMPETITION OF THIAS

## HOWARD WINS BRONZE!

By Cindy French

#### 1999 Rhythmic National Champion

Jessica Howard won a bronze medal in the all-around at the International Competition of Thias in France, March 25-28. Jessica was personally invited to participate in this prestigious competition, which was divided into four groups—General Competition and Grand Prix Competition. The competition in the General group included several gymnasts already qualified to the Olympic Games as well as competitors from the 1999 World Championships.

#### GENERAL COMPETITION

1. Valer DORNAUDOU	ESP	39.074
2. BrigitTE EVANGELISTINE	CAN	38.956
3. Jessica HOWARD	USA	38.825
4. As YOKOZU	JPN	38.768
5. Liisa JACO HU	ESP	38.756
6. Irina RYTSOVA RAVDINA	RUS	38.687

#### GRAND PRIX COMPETITION

1. Alina KASCHA	RUS	40.000
2. BrigitTE EVANGELISTINE	CAN	39.875
3. Irina IULIA MARIINA	RUS	39.626
4. Yuliya BARSOVINA	RUS	39.588
5. Irina TCHACHINA	RUS	39.713
6. Elena MIRONENKO	USSR	39.585



Jessica Howard

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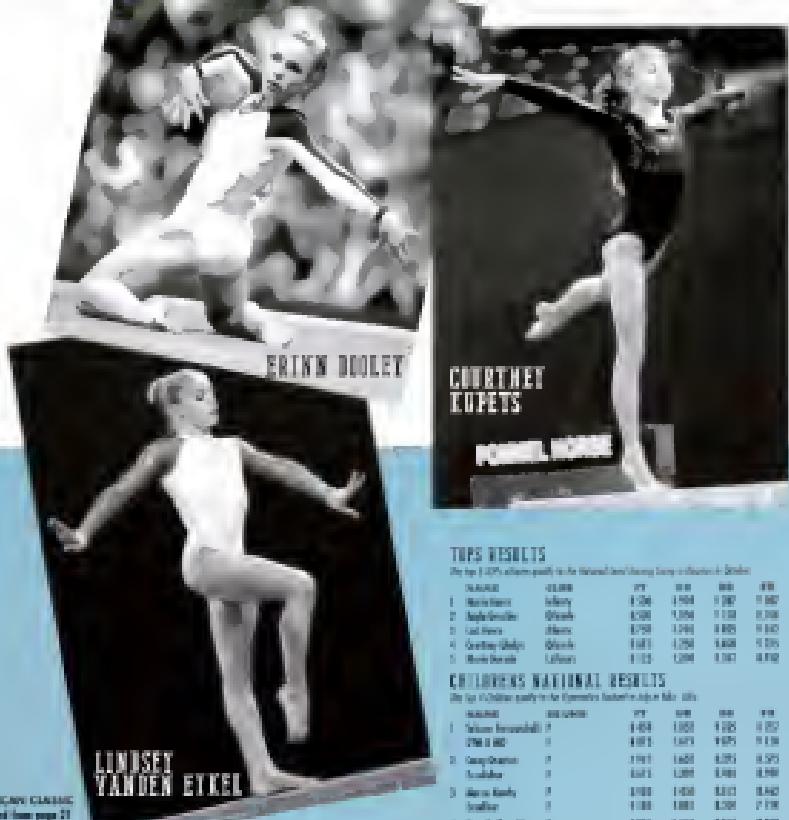
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PC: Processor: 386 3.33 MHZ, 16 MB RAM, 16-Bit Sound Blaster 16-Bit VGA  
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Digitized from page 81

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## INTERVIEW WITH RONALD

NAME	Group	YR	CH	BB	SL	HR
John Shuster	Group 1	1.00	0.97	0.93	0.95	0.97
Monica Berg	Group 1	1.00	0.98	0.97	0.99	0.98
Andrea Gould	Group 1	1.00	0.98	0.97	0.98	0.98
Erica Kastner	Group 1	1.00	0.98	0.97	0.98	0.98
Steve Kuebler	Group 1	1.00	0.97	0.95	0.96	0.97
Monica Berg	Group 2	1.00	0.98	0.97	0.99	0.98
Andrea Gould	Group 2	1.00	0.98	0.97	0.98	0.98
Erica Kastner	Group 2	1.00	0.98	0.97	0.98	0.98
Steve Kuebler	Group 2	1.00	0.98	0.97	0.98	0.98
Monica Berg	Group 3	1.00	0.98	0.97	0.99	0.98
Andrea Gould	Group 3	1.00	0.98	0.97	0.98	0.98
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#### Final International Results

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10 of 10

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CHILTON'S NATIONAL REPORTER

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NAME	NAME	PT	PTB	PTB	PTB	PTB	PTB	PTB
Julian Bressel	Julian Bressel	0.45	0.65	0.65	0.65	0.65	0.65	0.65
Willy Bressel	Willy Bressel	0.45	0.65	0.65	0.65	0.65	0.65	0.65
Georg Grotius	Georg Grotius	0.45	0.65	0.65	0.65	0.65	0.65	0.65
Antonius	Antonius	0.45	0.65	0.65	0.65	0.65	0.65	0.65
Baron Knobell	Baron Knobell	0.45	0.65	0.65	0.65	0.65	0.65	0.65
Van Schuppen	Van Schuppen	0.45	0.65	0.65	0.65	0.65	0.65	0.65

#### THE BUDGET STATEMENT

卷之三十一

Top 100 Books	Author	Book Title	Genre	Rating	Reviews	Published
1	J.K. Rowling	Harry Potter and the Sorcerer's Stone	Fantasy	4.8	1,000,000+	2001
2	J.K. Rowling	Harry Potter and the Chamber of Secrets	Fantasy	4.8	1,000,000+	2002
3	J.K. Rowling	Harry Potter and the Prisoner of Azkaban	Fantasy	4.8	1,000,000+	2003
4	J.K. Rowling	Harry Potter and the Goblet of Fire	Fantasy	4.8	1,000,000+	2004
5	J.K. Rowling	Harry Potter and the Order of the Phoenix	Fantasy	4.8	1,000,000+	2005
6	J.K. Rowling	Harry Potter and the Half-Blood Prince	Fantasy	4.8	1,000,000+	2007
7	J.K. Rowling	Harry Potter and the Deathly Hallows	Fantasy	4.8	1,000,000+	2008
8	J.K. Rowling	Harry Potter: The Complete Collection	Fantasy	4.8	1,000,000+	2011
9	J.K. Rowling	Harry Potter: The Illustrated Collection	Fantasy	4.8	1,000,000+	2012
10	J.K. Rowling	Harry Potter: The Collection	Fantasy	4.8	1,000,000+	2013
11	J.K. Rowling	Harry Potter: The Illustrated Collection	Fantasy	4.8	1,000,000+	2014
12	J.K. Rowling	Harry Potter: The Complete Collection	Fantasy	4.8	1,000,000+	2015
13	J.K. Rowling	Harry Potter: The Collection	Fantasy	4.8	1,000,000+	2016
14	J.K. Rowling	Harry Potter: The Illustrated Collection	Fantasy	4.8	1,000,000+	2017
15	J.K. Rowling	Harry Potter: The Complete Collection	Fantasy	4.8	1,000,000+	2018
16	J.K. Rowling	Harry Potter: The Collection	Fantasy	4.8	1,000,000+	2019
17	J.K. Rowling	Harry Potter: The Illustrated Collection	Fantasy	4.8	1,000,000+	2020
18	J.K. Rowling	Harry Potter: The Complete Collection	Fantasy	4.8	1,000,000+	2021
19	J.K. Rowling	Harry Potter: The Collection	Fantasy	4.8	1,000,000+	2022
20	J.K. Rowling	Harry Potter: The Illustrated Collection	Fantasy	4.8	1,000,000+	2023

#### ANSWER

Planning      [About](#)

SENIOR NATIONAL RESULTS						
	The top 10 teams qualify for the Olympics. Classification by Dec. 1, 1990					
Team	1990	97	98	99	00	01
Japan	10.00	9.77	9.80	9.70	9.70	9.60
United States	9.60	9.63	9.67	9.67	9.66	9.75
Canada	9.50	9.53	9.53	9.50	9.50	9.50
USSR	9.40	9.43	9.43	9.40	9.40	9.40
Great Britain	9.30	9.33	9.33	9.30	9.30	9.30
Australia	9.20	9.23	9.23	9.20	9.20	9.20
Sweden	9.10	9.13	9.13	9.10	9.10	9.10
Finland	9.00	9.03	9.03	9.00	9.00	9.00



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Year	Site	Men's Champion	Women's Champion
1976	New York, NY	Kurt Conner (USA)	Mariah Klimova (ROM)
1977	New York, NY	Mihai Cozorici (ROM)	Miriam Tukahorn (PR)
1978	New York, NY	Kathy Johnson (USA)	Kathy Johnson (USA)
1979	New York, NY	Kurt Thomas (USA)	Natalia Soschenko (URS)
1980	New York, NY	Kurt Thomas (USA)	Stella Zolotova (URS)
1981	Fort Worth, Texas	Kurt Thomas (USA)	Terri Tolonen (USA)
1982	New York, NY	Kurt Conner (USA)	Jillian McNamara (USA)
1983	New York, NY	Kurt Conner (USA)	Jillian McNamara (USA)
1984	New York, NY	Peter Vidmar (USA)	Zoya Gavrilichava (SUL)
1985	Indianapolis, Ind.	Mary Lou Retton (USA)	Peter Vidmar (USA)
1986	Fairfax, Va.	Mary Lou Retton (USA)	Peter Vidmar (USA)
1987	Fairfax, Va.	Eric Brunsell (USA)	Mary Lou Retton (USA)
		Krisztina Phillips (USA)	Krisztina Phillips (USA)
		Brian Orsberg (USA)	
		Krisztina Phillips (USA)	

VISA AMERICAN CUP continued from page 26

## Women's Competition

Year	Site	Gold	Silver	Bronze	4th	5th	6th	7th	8th
1	Boris Prokopenko	BLR	1987	1700	1481	1371	1241	1141	1041
2	Margot White	USA	1988	1527	1407	1309	1270	1208	1170
3	Ivana Moricic	ESP	1229	1300	1460	1381	1263	1233	1200
4	Tatjana Schellert	USA	1200	1273	1400	1323	1280	1230	1200
5	Irina Shapko	URS	948	1225	1300	1347	1240	1200	1140
6	Aura Melton	BLR	919	1201	1222	1203	1240	1200	1170
7	Alito Salazar	JPN	838	1223	1400	1223	1170	1170	1170
Men's Competition	Site	Gold	Silver	Bronze	4th	5th	6th	7th	8th
1	Eric Lopisek	CUB	1401	1408	1371	1328	1480	1350	1341
2	Aleksy Kondratenko	BLR	837	1239	1430	1302	1442	1250	1241
3	John Root-Holzberger	USA	800	1175	1153	1158	1243	1150	1203
4	Warren Doggett	ICM	803	1238	1400	1300	1300	1273	1240
5	Orin Kuprovich	BLR	803	1025	1200	1325	1325	1221	1242
6	Jordan Jaster	BLR	1400	825	1407	1225	1303	1197	1324
7	Jay Thornton	USA	1201	825	1300	1200	1111	1152	1240
8	Jorge Grillo	COL	810	940	1020	983	1200	1123	1202



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1988	Fairfax, Va.	Miriam Tukahorn (ROM)
1989	Fairfax, Va.	Phoebe Mills (USA)
1990	Fairfax, Va.	Vitaly Mervinich (URS)
1991	Orlando, Fla.	Brandy Johnson (USA)
1992	Orlando, Fla.	Alexander Kolyvanov (URS)
1993	Orlando, Fla.	Kim Zmeskal (USA)
1994	Orlando, Fla.	Trent Dimas (USA)
1995	Seattle, Wash.	Betty Cline (USA)
1996	Fort Worth, Texas	Janet Henkel (USA)
1997	Fort Worth, Texas	Kim Zmeskal (USA)
1998	Fort Worth, Texas	John Root-Holzberger (USA)
1999	St. Petersburg, Fla.	Kathy Powell (USA)
2000	Orlando, Fla.	John Root-Holzberger (USA)

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\$125 per person

*\*Price include Hall of Fame Induction  
Ceremony and Dinner  
and the Congress Dancer Party*

Following the March National Team Training Camp, USA Gymnastics invited 18 athletes to the April camp. The list of athletes includes:

JEANETTE ANTOLIN	Huntington Beach, Calif.
VANESSA ATLER	Canyon Country, Calif.
ALYSSA BECKERMAN	Cincinnati, Ohio
AMY CHOW	San Jose, Calif.
ERINN DOOLEY	Canonsburg, Md.
ANNABELLE EBELLE	Itasca, Ill.
MARIE FORDHOLM	Houston, Texas
KRISTEN MALONEY	Pen Argyl, Pa.
ROBIN PHILIPS	Rockville, Md.
DANA PIERCE	Albion, Ind.
ELISE RAY	Columbia, Md.
SERRA SARUNAR	Wyoming, Ohio
TASHA SCHWIKERT	Las Vegas, Nev.
JENNE THOMPSON	Cincinnati, Ohio
MORGAN WHITE	Fairfield, Ohio

The final re-entry camp will be conducted immediately preceding the May "X" Camp. Fifteen athletes are eligible to attend the re-entry camp. Any of the athletes who qualify to the "X" squad will then stay and participate in the camp.

Following evaluation at the "Y" training camp, Dominique Moceanu and Lindsey Wing were invited to the May training camp based on improved conditioning and skill level. "I see improvement in all the gymnasts but there are still certain areas we must focus on," said Bela. "Both Moceanu and Wing have made remarkable progress and will be competitive with national team members at the May camp."

1996 Olympians Jaycie Phelps and Shannon Miller are possible attendees. Their participation is dependent upon their readiness at that time.

Comments from some of the camp attendees:

**BELA KAROLYI** "I have much pride for these gymnasts in the last few days. They have worked very hard and have given 100% to their competition is serious."

**KRISTEN MALONEY** "Everyone's getting stronger and more physically fit. We're focused on what we have to do for the upcoming Olympic Games. Everyone's growing more. It's cool to come here after a month for the training camp because it's all robotics and push us another 10% good to see where everyone is. I think the biggest change has been our attitude and how we're thinking. From October 1996 to now, there has been a major change."

**VANESSA ATLER** "I get nervous coming to camp because I want to do my very best and show them how good I'm doing. Training is different here. You push yourself a lot more."

**ALYSSA BECKERMAN** "Campus is an like the Brady Bunch where they're having a lot of fun and training. We're here in the woods, working out and training hard. We've seen a lot of progress in the very short time working together as a team. It's not the Brady or that club, it's the USA team."

**MARY LEE TRACY** "Bela, Martha and the National Team Staff are doing their best to get our team as good as we can be. There's an issue about Bela and Martha that makes you want to work hard and be the best that you can be. I think these camps are great for a few reasons. First, it brings us all together to see where we're at. Plus, it gets the kids away from home obstacles like family, school, friends, whatever. There's only one thing to do here and that's focus and train, gymnastics."

**MARIE FORDHOLM** "The Olympic Games have always been a dream but now becoming more of a reality. I'm gaining confidence training with my coach Vicki Linkin."

**DANA PIERCE** "It's very exciting being here and training with the best in the U.S. Bela's a great guy. He helps you realize your dreams and tells you what to do, just reach out and grab it. To make the Olympic Team would be overwhelming. When I was little people would

ask if I was going to the Olympics and I'd say no. Now I make I have a shot and I'm closer."

**ELISE RAY** "Making the Olympic Team would be a tremendous honor. The meet is so big, and displayed in front of the world."

**TAMMY BROWN** "I believe the U.S. strength is Bela because of his motivation and excitement he gives everyone. The National Team Staff's role is to help coaches coach the athletes. We try to focus on each gymnast's needs."

**TASHA SCHWIKERT** "I'm focusing on adding difficulty and polishing my routines. I need to move up a few spots to make the Olympic Team."

**JEANETTE ANTOLIN** "Bela is a great motivator. It's nice to come together and train with all the girls."

**MORGAN WHITE** "The camps are a lot of hard work, but I think they are making us a lot stronger, physically and mentally. Plus, we take everything back to our gyms and continue the same work ethic in preparation for the next camp. We want to earn a medal at the Olympics and we know we have to keep working hard to do so."

**ERINN DOOLEY** "The camp is a lot of hard work but, I think in the long run, it's going to help the USA team in its placement. I think we'll all improve with all the coaching we have available. To make the Olympic Team would be very exciting. If I make the team it would be icing on the cake."



staff attending meetings, training camp and having an impact on the team. This is the way we've been doing things and it seems to work well. We have a lot of great coaches and when we get them together it benefits everyone involved. We expect the personal coaches to coach everyone, not just their athlete. The guys benefit because they have a lot of help.

I don't know who my main coaching staff will be yet until the Olympic Team is selected. However, I have selected Barry Walker from UC-Berkeley and Yoshio Itohara from Gymnastics World of Tucson to be my assistants, whether they have someone on the team or not. Barry, Yoshio and myself will be on the floor at the Olympic Games. The reason we do the coaching selection so early is because the Men's Program Committee feels that the actual coaches who walk on the floor should be very familiar with the athletes. This allows us to get the coaches and athletes together many times prior to the Games.

I've selected different coaches each time I've done this. Yoshio is a very positive and energetic person. He feels we can win! It's a special quality for a coach to have and it's what we need. Barry is very gymnastics savvy and a creative thinker. He'll come up with ways we can make little changes to help us win a medal. When you add up the little things we could have done in the past, it could have meant a medal. At the '96 Olympics and the '97 World Championships we missed a medal by less than a point.

There have only been four teams in the top six since the '96 Games including China, USA, Belarus and Russia.

**Q:** Do you have any training camps planned and, if so, what will be the focus?

**A:** Our next training camp is in June and we will focus on securing routines that we will use at the Olympics. This will be the last camp prior to Trials and we will make changes as needed. We will also focus on motivation. All

the coaches are responsible to coach all the guys. They have an opportunity to work with all the athletes. It's great having a new coach watch routines because he may see something right away that a gymnast can change to improve his routine.

**Q:** What is Operation Flip Flop and Operation Sneak Attack?

**A:** Operation Flip Flop is Ron Galimore's plan that started in 1994. He reorganized every aspect of the men's program. From the time a young boy walks in the gym to the time he walks on the floor at the Olympic Games, every aspect was looked at and evaluated. We needed to do things since 1984 we have not had much competitive success. Since 1986 we've been fifth or sixth each time and have challenged for a medal. Prior to this we were ninth or below. We looked at training camps, athlete and coach support, evaluation process, etc. Ron's changed literally everything we do.

Here's an example—we had a problem with judging in the past. At the National Championships our guys would score 9.3 and

at the World Championships that same routine would score a 9.4. Ron put in national apparatus leaders on each event and made them responsible for their event to ensure that the scores are consistent nationally and internationally. From 1995-1997 the team scores from world events and national events were within a point. That was great progress. In addition, a new athlete funding program was developed to reflect achievement versus just performance.

Operation Sneak Attack is a new strategy. That's our plan for the next quadrennium from 2000-2004. We're trying to take the new Code of Points and be the most educated and smartest team out there. We feel there are things we can do to make us the best team out there. Sneak Attack is a way to get a one-up on everyone while using all of our resources. We want to be in a position to medal at the 2001 World Championships!

**Q:** How are Jason Gideon and Blaine Wilson doing in their molds to recovery? What about Chris Young?

**A:** They haven't had any competitions yet but training is going well. Blaine will be in the Pacific Alliance so that will be his first meet back since the World Championships and his shoulder surgery. Jason is doing great and making improvements on rings and pommel horse. He's starting to tumble and his knee is coming around. All indications are that he looks good, but it's a day-by-day process. I'm confident that Jason will be fine. Chris has a bigger challenge in regards to his limited amount of training time before the Olympics. He tore his Achilles, but he's doing great and is very motivated. Chris tore his other Achilles a few years ago and knows the injury. He came back 100%.

Operation Sneak Attack is a new strategy. That's our plan for the next quadrennium from 2000-2004. We're trying to take the new Code of Points and be the most educated and smartest team out there. We feel there are things we can do to make us the best team out there. Sneak Attack is a way to get a one-up on everyone while using all of our resources. We want to be in a position to medal at the 2001 World Championships!

From his last injury so he knows he can recover 100% with this one. He wears a boot and trains on pommel horse, parallel bars, rings, and high bar. He can't do dismounts, floor or vault yet.

**Q:** Russia has suffered a setback with Nikolay Krikov, the 1999 World All-Around Champion, tearing his Achilles tendon. Will his injury have an effect on the Russian team and their placement in your opinion?

**A:** With Russia's best gymnast getting injured, their challenge will be greater. We know what they're going through because last year we lost Jason (Gideon) prior to the World Championships. It's a horrible time to get hurt and it fed bad for them. I don't know their depth but I'm sure it will slow them down!

**Q:** Where do you see the USA men finishing at the Games?

**A:** First, second or third. We're been climbing the mountain for a while now and I'm pretty sure we're on the last peak and will win a medal. We just need to make sure we're all healthy and working hard. I have a really good feeling this time around.

## BLUE WATER INVITATIONAL

#### Methodology

### SEARCH ALL APPROVED RESUMES

Rank	Name	Nationality	Age
1	Amy Claw	USA	38 313
2	Kate Richardson	Canada	39 443
3	Michelle Gilday	Australia	39 600
4	Lyndsey Marshal	USA	39 225
5	Yvonne Koschik	Canada	39 225
6	Rachael Holt	USA	39 613
7	Dawn McLaughlin	US	39 487
8	Amberli Flack	USA	39 687
9	Olga Ivashkevich	Ukraine	39 450
10	Carolina Correia	Argentina	39 373
11	Audrey Taylor	Canada	39 433
12	Crystal Clemons	Canada	39 550
13	Rachelle Longman	Wales	39 607
14	Alayna Pearson	Canada	39 413
15	Andrea Potts	Portugal	39 188
16	Rachel Smith	US	39 937
17	Michelle Holton	Canada	39 187
18	Janessa Chisholm	Ontario, Canada	39 707
19	Isabella	US	39 587
20	Freya B. Morris	Australia	39 347
21	Carly Duxterford	Aberdeenshire	39 311
22	Tiffiny Karr	Wales	39 875
23	Carin Gauthier	Ontario	39 627
24	Charissa Brusik	Cambridge, Eng	39 537
25	Jessica Amodeo	Wales	39 475
26	Quinn Headress	Argentina	39 187
27	Rosie Wales	Australia	39 230

#### **DISPLAY ALL ACTIVE RESULTS**

1. Courtney Eaton	USA	36.875
2. Sarah Lauren	WAS	35.637
3. Arriane Erdelz	WAS	34.672
4. Julie McMorris	Oregon	34.120
5. Heather Fornahl	Canada	33.842
6. Louise O'Connell	WAS	33.687
7. Sondra Hylton	Gym & Flex	33.567
8. Danielle Wink	Acro of Sport	33.362
9. Anoush Wilson-Mitchell	WAS	33.110
10. Kristin Colantonio	Canada	33.000
11. Melinda Karr	Canada	32.875
12. Jen Olson	Canada	32.875
13. Jenelle Quigley	Hamilton	32.800
14. Abby Buehring	Wagon Folk	32.025
15. Lydia Williams	Sport Service	31.500
16. Breanna Arnold Scott	Burlington	30.575
17. Sarah Chapman	Cambridge Kicks	30.250
18. Memphis Jenkins	Saskatchewan	30.210
19. Brooke Gosselin	Reel City	29.450
20. Stefanie Fossenelli	Gym & More	29.250
21. Kristi Lee	Rejoice Club	29.150
22. Marissa Brown	Rejoice Club	29.150
23. Kristin Blahich	Oregon	28.900



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When asked why she decided to come back to the sport, Amy thought long and hard before answering and then said, "There's not one reason. I just felt like I was missing something. I love the sport and wanted to try again. My goal is to make the 2000 Olympic Team and help the USA do the best they can."

Any never really left the sport. She continued to train for the 1995 Post-Olympic tour and professional shows at West Valley Gymnastics in Campbell, Calif. However, coaches Young and Diane Arnes noticed a difference in her training beginning in the spring of 1995. Young explained, "She was coming in and just doing some light

training to stay in gymnastics shape. Then I took over and see her doing standing splits on beam and asking me, "What should I do now?" I started to get a little suspicious. Then she approached me and asked me to train her again for international competitions. I told her I'd have to think about it. I was sort of used to my semi-retired life with my family, but I agreed to train her. Amy's been with me since 1990. She stuck with the room when I didn't have the international experience. I feel loyalty towards her and decided to help her come back."

Amy attends Stanford University and has two years under her belt studying biology. Once she decided to train full time in the sport, she slowed down in school taking fewer classes. Currently she's working afternoons in the research lab at Stanford as a research assistant and studying heart disease to receive credit. "I'm trying it out," said Amy. "It's kind of slow but interesting, that's how science goes."

Any tasks around five or six hours per day, six days a week with the Level 10's and elite gymnasts at West Valley. She said, "I've been working hard and my routines are coming back. I know more of what to expect now since I've been through it."

Since 1996 she's added a new tumbling pass, a new skill on bars, and new leap combinations on beam. Vault remains the same with a double twisting Yurchenko. Amy's also had to rehabilitate from ankle surgery she had in the summer of 1999.

When asked what it would mean to make her second Olympic team, Amy said, "It would be very cool. I don't think I'd do anything after '96 in gymnastics."

She added, "I've gotten to know the girls at the training camps and we're becoming teammates again like in '96. We're all in the same boat, just trying to make the Olympic Team."

Amy and Mark agree that the training camps at Karetif's ranch are going well. Young said, "She doesn't need to add a lot of stuff, so we do a lot of conditioning—40-50 minutes per day. It's good for us because we train in a vacuum. When we go to camp we hook up with Heidi Hill and her girls. We have a good working relationship with them. They have a great work ethic."

Regarding the USA Team, Young said, "We're better than people give us credit for. Looking at the top kids on the team we're not as deep as in 1996 but we have some very talented kids. We just need to hit and stay healthy and focused."

U.S. OLYMPIC TEAM TRIALS  
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### WORD SEARCH

WORD SEARCH										PUN PAGE ANSWERS from page 14									
M	R	E	I	H	G	S	T	L	B	S	M	S	A						
E	I	H	D	O	N	V	Q	S	O	J	S	C	I						
P	W	O	T	E	L	S	M	S	P	R	O	T	L						
S	E	H	S	M	G	S	S	I	A	O	R	T							
O	A	D	S	J	K	O	S	C	B	M	I	O	T						
E	T	U	M	E	L	S	E	T	S	R	T	M	M						
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G	F	H	D	L	I	O	O	S	I	R	T	W	A						
S	I	L	I	O	V	I	S	S	R	E	T	W	A						
E	F	Z	Y	P	O	T	S	J	O	S	P	E	T						
S	S	L	H	P	M	T	I	S	B	E	E	S	S						
A	I	T	S	H	A	R	F	J	L	W	E	S	S						
M	N	E	M	M	J	E	H	R	S	J	O	L	S						
W	O	I	M	M	K	A	U	T	G	S	S	E	W						
I	O	J	T	S	F	M	S	G	A	L	O	H	J						

WORD SEARCH ANSWERS: Pages 9, 11, 13, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28



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Figure 1. A photograph of the *Leptothrix* sp. spore mass on a slide. The spore mass is a dark, irregular, granular mass.

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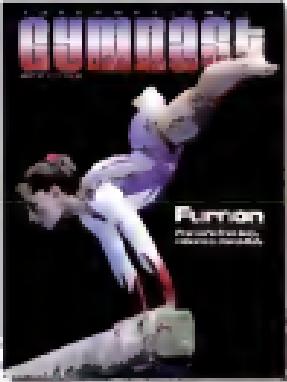
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